BREAKFAST IS. . .

The most important meal of the day

Let's face it — getting youngsters to eat breakfast is like trying to move a mountain. But it's a fact that unless you start the day properly with ¼ to one-third of the day's food at breakfast, you'll be operating with much less efficiency.

A good breakfast provides food energy to start the day and prevent late morning slowdown. Results of breakfast studies at the University of Iowa showed that children who ate a good breakfast demonstrated a better attitude toward school work and a higher level of scholastic achievement than those who did not eat breakfast.

What is a good breakfast? Leading nutritionists say it should provide a significant amount of the day's vitamin, mineral, protein and calorie needs.

Speaking of vitamins, children need plenty of natural vitamin C for building strong bones and teeth. Citrus fruit is the best source of this vitamin. Our bodies aren't capable of storing large amounts of vitamin C, so we need a daily supply.

Orange Cottage Cheese Pancake Stacks is the heart of a deliciously different, vitamin-enriched breakfast that's guaranteed to get your youngsters off to school with smiles on their faces. And mothers — it's quick and convenient to prepare. The pancake batter is ready-mixed . . . all you do is add Florida orange juice, to give a bracing "wake-up" flavor, along with milk, egg and orange rind.

Separate the pancake layers with snowy cottage cheese and top with a special orange syrup you make yourself. The syrup consists of corn syrup and undiluted frozen orange juice concentrate mixed together with a spoon.

By the way, if you want to catch some extra beauty rest before whisking Cheerios the youngsters off to school, make the orange sauce the night before and store it in a refrigerator in a jar or plastic container. If there's anything left the next day, put it back in the refrigerator and save it for a leisurely breakfast for yourself or as a Sunday morning breakfast for Dad.

Speaking of treats — what boy or girl can resist an Orange Breakfast Shake! It's just the thing for hard-to-please youngsters who seem to "pick" at their breakfast or complain they "never have time" to eat. All you need is a blender, milk, Florida orange juice, raw eggs, corn flakes and honey. Press a button — and you've got an entire breakfast in a glass! It's so easy and so much fun to prepare, you won't have to prod older children into making their own breakfasts.

Want something to go along with that breakfast shake? How about Orange-Nut Muffins? The ingredients for the muffins are standard, except that Florida orange juice replaces the milk in the batter along with grated orange rinds, to bring out an extra measure of flavor.

Tomorrow, get the youngsters off to school the high-energy, high-nutrition way with a breakfast that's good for them and great-tasting.

Orange Cottage Cheese Pancake Stacks

2 cups all-purpose biscuit mix
2 tablespoons grated orange rind
1 cup Florida orange juice
one-third cup milk
1 egg
2 cups (1 pound) cottage cheese

Combine biscuit mix, orange rind and juice, milk and egg in bowl. Mix until moistened but still lumpy.

Bake on a lightly greased hot skillet or griddle. Measure ¼ cup batter for each pancake and bake until golden brown, turning once. Stack pancakes with ¼ cup cottage cheese between each layer of pancakes. Top with additional cottage cheese and Orange Syrup.

YIELD: 10 to 12 pancakes; 4 servings.

Orange Cottage Cheese Pancake Stacks is the heart of a deliciously different, vitamin-enriched breakfast that's guaranteed to get your youngsters off to school with smiles on their faces. And mothers — it's quick and convenient to prepare.

Orange Syrup

1½ cups light corn syrup
1 can (6 ounces) frozen Florida orange juice concentrate, thawed, undiluted

Mix the corn syrup with undiluted orange concentrate until well blended. Pour over hot orange cottage cheese

salt and sugar into mixing bowl. Stir in orange rind and nuts. Beat egg in small bow. Add orange juice and oil; mix well. Add to flour mixture. Mix until moistened but still lumpy. Fill greased muffin cups two-thirds full. Bake in

pancake stacks. Sauce may be stored in refrigerator.

Orange-Nut Muffins

2 cups sifted all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
½ cup sugar
3 tablespoons grated orange rind
½ cup chopped nuts
1 egg
1 cup Florida orange juice
¼ cup melted shortening or salad oil

Sift flour, baking powder,

425 degrees F. oven for 18 to 20 minutes.

YIELD: 18 muffins.

Breakfast Shake

1 cup milk
1 cup Florida orange juice
1 cup corn flakes
1 egg
2 tablespoons honey

Place all ingredients in electric blender container. Cover and blend at high speed until smooth. Serve immediately.

YIELD: 2 servings.

Country Sausage Muffins
12 muffins

1 cup enriched self-rising flour
1 cup enriched self-rising corn meal
½ pound pork sausage
1 carton (8 oz.) French onion dip
½ cup milk
1 jar (2 oz.) pimiento, drained and chopped

Stir together flour and corn meal. Fry sausage until crisp. Combine onion dip, milk, cooked sausage with drippings and pimiento. Add liquid all at once to flour mixture, stirring only until flour is moistened. Fill greased muffin cups two-thirds full.

Bake in preheated 425 degree oven 20 to 25 minutes or until golden brown. Cool slightly before removing from pan.

Applesauce syrup

1 cup maple-blended syrup or maple-honey flavor syrup
1 cup applesauce

Heat syrup. Add applesauce and mix well. Serve warm over pancakes, baked oranges, or ice cream. Makes about 2 cups.

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OPEN SUNDAY

More Breakfast Tips

French Puffy Banana Pancakes
16 to 18 pancakes

1½ cups enriched self-rising flour
2 tablespoons sugar
1 teaspoon baking soda
1 cup mashed banana
¾ cup peanut butter
2 teaspoons lemon juice
1¼ to 1½ cups milk
1 egg, slightly beaten
1 tablespoon oil

Stir together flour, sugar and baking soda. Blend banana, peanut butter and lemon juice. Stir in milk, egg and oil; stir to combine. Add liquid ingredients all at once to flour mixture, stirring only until flour is moistened. Fill greased muffin cups two-thirds full.

Bake in preheated 425 degree oven 20 to 25 minutes or until golden brown. Cool slightly before removing from pan.

Applesauce syrup

1 cup maple-blended syrup or maple-honey flavor syrup
1 cup applesauce

Heat syrup. Add applesauce and mix well. Serve warm over pancakes, baked oranges, or ice cream. Makes about 2 cups.

HCC slates exhibition Sept. 15

An exhibition, "Five Maryland Artists," will be held at Howard Community College from Sept. 15 to Oct. 13.

The exhibit, which features five young artists, has been organized by the Baltimore Museum of Art in cooperation with Maryland Arts Council.

It is designed to show the diversity in style and intention in works executed on paper, is being offered on a limited engagement to the college and this represents the only time it will be shown in the Howard County areas.

Artists included in the exhibit are Esky Cook, Anne Geddes, Lilliana Lajuboja, Gregg Otto, and Linda Simon. Media exhibited include varied pencil applications, colored pencil, crayon, charcoal, and photographic collage.

On Sept. 24, midway in the program, at 12 noon, a guest speaker from the Baltimore Museum of Art will be present at the college to provide a special discussion on the exhibit.

The "Five Maryland Artists" exhibit will be held n the Collge Learning Resources Center during regular college hours, Monday through Friday from 9 a.m. until 5 p.m. and Monday through Thursday from 6:30 p.m. until 9 p.m.

The public is invited to view the exhibit and attend the September 24 program. For additional information contact 730-8000, ext. 24.

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